

Where next?

Time to take the next step

- Keep learning
- Employment
- Build your confidence
- Build your skills
- Volunteer
- Get support



Contact us to find out more:

Tel: 01744 676671, 01744 677328, 01744 677426 or 07707 301630 / 07749709715

Visit: www.sthelens.gov.uk/adultlearning

Email: adultlearning@sthelens.gov.uk

Facebook: [StHelensACL](#)

Twitter: [STHLearning](#)



**LIVERPOOL
CITY REGION**
COMBINED AUTHORITY



KEEP LEARNING

Other providers who offer a range of courses

Organisation	Contact Details
St Helens College Offers a wide range of full and part time courses	www.sthelens.ac.uk Tel: 0800 99 66 99
St Helens Chamber Courses to boost skills or help start up your own business	www.sthelenschamber.com/startingpoint Tel: 01744 698800 Email: info@thestartingpoint.org
Future Learn Hundreds of free online courses from specialist organisations	www.futurelearn.com
Hope Centre Courses to enhance health, wellbeing and employability	www.hopcentre.org.uk Tel: 01744 26414

EMPLOYMENT

Looking for a job? The following organisations may be able to help you take that next step

Organisation	Contact Details
W2W - Ways to Work Supporting local residents into work	www.sthelens.gov.uk/waystowork Tel: 01744 676131 Email: waystowork@sthelens.gov.uk
St Helens Chamber Free and impartial career guidance, training and business start-up support	www.sthelenschamber.com/startingpoint Tel: 01744 698800 Email: info@thestartingpoint.org
Job Centre Plus Provides a wide range of information and help in finding employment	www.gov.uk/contact-jobcentre-plus Tel: 0800 1690 190
Households into Work Support unemployed households to identify barriers which may be preventing them from gaining or seeking employment	www.liverpoolcityregion-ca.gov.uk/what-we-do/households-into-work/ Tel: 07802 378918 Email: hiw@liverpoolcityregion-ca.gov.uk
The Growth Company Providing education, employability and personal skills to young people, tailored to individual needs and designed to help overcome barriers that may be stopping individuals getting back to work	www.gcemployment.uk/for-individuals/positive-directions Tel: 01744 750467 Email: info@growthco.uk
Apex Trust Support for those 16 and over who have been affected by the criminal justice system	www.apextrust.com Tel: 01744 612898 Email: sthelens@apextrust.com

COMMUNITY ORGANISATIONS

Providing opportunities to build your skills and confidence

Organisation	Contact Details
U3A (University of the 3rd Age). A variety of activities for retired and semi-retired people	www.u3asites.org.uk/st-helens
Creative Alternatives A wide range of creative and artistic events and participatory activities that are available throughout the year	www.creativealternatives.org.uk Tel: 07594 677296 Email: info@creativealternatives.org.uk
Heart of Glass A programme of arts and cultural activity for the borough	www.heartofglass.org.uk Tel: 01744 453163 Email: info@heartofglass.org.uk
St Helens Community Centres Various community centres throughout the borough offering a variety of courses and groups to all ages	www.communitycentres.org.uk
Community Bike Hubs Community bike rides in various parks across the borough. Bikes, helmets and hi-vis jackets provided - just turn up!	Facebook - St Helens - Pedal Power Tel: 07947 750982. Email: pedalpowerexperience@gmail.com
Chrysalis Centre Provides services and support for women in St Helens and surrounding areas	www.chrysaliscentreforchange.co.uk Tel: 01744 451309 Chrysaliscentreforchange@gmail.com

VOLUNTEERING OPPORTUNITIES

Volunteering can help you gain valuable work experience, make new friends, develop new skills and improve confidence and self-esteem

Organisation	Contact Details
St Helens Volunteer Centre Can help you to access hundreds of volunteer opportunities	www.haltonsthelensvca.org.uk/volunteer-centre Tel: 01744 457100. Email: alawrenson@haltonsthelensvca.org.uk
Well Being Service Supporting various services that could make a difference to people's health and wellbeing in a variety of ways	www.sthelenswellbeing.org.uk Tel: 01744 371111 Email: chcp.sthelens@nhs.net
Citizens Advice Bureau A varied role interviewing clients and investigate and explain their rights and options	www.sthelenscab.org.uk/volunteering Tel: 0808 278 7985
Home Start Help families with young children deal with the challenges they face	www.home-startsthelens.org.uk Tel: 01744 737400. volunteerathomestartsthelens@outlook.com
St Helens Mind Providing services for people who are experiencing isolation due to mental ill health	www.sthelensmind.org.uk Tel: 07912 059881 admin@sthelensmind.org.uk

MENTAL HEALTH AND WELLBEING SUPPORT

Having a difficult time? Need someone to talk to? The following support is available:

Organisation	Contact Details
St Helens Wellbeing Providing help and support for social wellbeing, healthy living advice or information on local services who can help you	www.sthelenswellbeing.org.uk Tel: 01744 371111 Email: Chcp.sthelens@nhs.net
St Helens Mind Helping maintain your mental wellbeing, by tackling loneliness and isolation that can lead to stress and anxiety, telephone befriending, counselling, and social groups	www.sthelensmind.org.uk/ Tel: 07912 059881 Email admin@sthelensmind.org.uk
Ok to Ask For 24hr mental health crisis support in St Helens, Knowsley, Warrington and Halton, call the crisis line:	www.oktoaskcampaign.co.uk Tel: 0800 051 1508
SHOUT Shout is the UK's first 24/7 text service, it's free on all major mobile network. It's for anyone in crisis, anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help	Text "SHOUT" to 85258 or go to www.giveusashout.org
Samaritans Samaritans are there round the clock every single day of the year for anyone struggling to cope	www.samaritans.org Tel: FREE 116 123 Email: jo@samaritans.org
QWELL An online counselling and well-being support service which gives an early response to mental health needs in adults – 7 days a week, 365 days a year, counsellors online from 12 noon to 10pm, Monday to Friday and 6pm to 10pm at weekends	www.qwell.io
THINK WELLBEING Psychological wellbeing practitioners, cognitive behavioural therapists and counsellors who offer a range of support to help you make positive changes to reduce stress and anxiety and improve your wellbeing	www.merseyscare.nhs.uk/think-wellbeing Tel: 01744 647100 or contact your G.P

